

# NEWS RELEASE

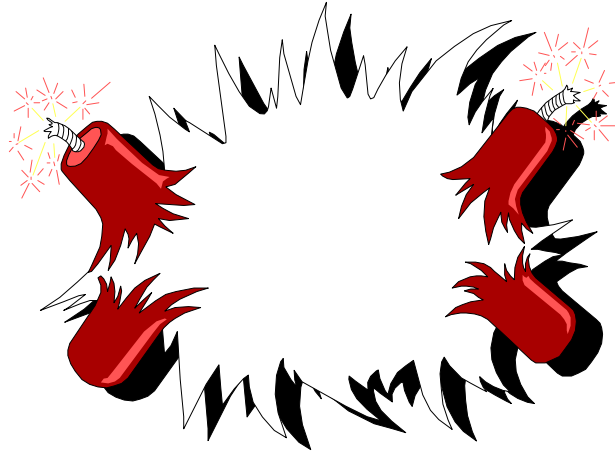
LINCOLN FIRE DEPARTMENT  
1801 Q Street  
Lincoln, Nebraska 68508

Date: July 6, 2000  
Contact: Chief Spadt  
441-8350

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## Lincoln Fire Department Announces

### JULY 4<sup>TH</sup> HOLIDAY SAFETY TIPS



**Please remember to use only approved fireworks and use them as intended. Fireworks are not toys, if misused they can hurt you!**  
**Be careful and enjoy the holiday.**

- Teach children to respect the dangers of fireworks. Read and follow package directions; never handle or use near face, fireworks should be pointed away from people, pets, and buildings; put all sparklers in a bucket of water when done, keep a hose or bucket of water close by, and finally - if an accident occurs, call 911 immediately.

- # Your body stubbornly defends its constant core temperature of 98.6"! If your activity or the ambient temperatures exceed the body's ability to cool itself, heat cramps, heat exhaustion or heat stroke can result. Work and play with care when temperatures and humidity are high. Drink plenty of fluids and rest often when its hot. Use sunscreen with an adequate sun protection factor (SPF) to act as a screening agent.
  
- # When barbecuing use only charcoal lighter fluid to start a fire. Once the coals have been ignited, never add more charcoal lighter fuel to the fire. Use charcoal or gas grills only outside in well ventilated areas. Establish a "no zone" for children around potentially hot areas.
  
- # Summer thunderstorms appear quickly. Lightening is dangerous and can strike before the rain and winds of a thunderstorm become obvious. It is estimated there are nearly 1,000 lightning injuries in the United States each year. The best treatment for lightning injuries is prevention. Seek shelter indoors when thunder approaches. If caught in the open, stay low. Stay away from objects that project from the ground, trees, poles, high buildings, etc. Don't hold on to fishing poles, golf clubs or other potential "lightning rods".

**Be safe and have a great summer.**

**This messages are brought to from your firefighters and  
paramedics at the Lincoln Fire Department.**

